

HEALTH AND HUMAN DEVELOPMENT UNIT 1



TODAYS LESSON

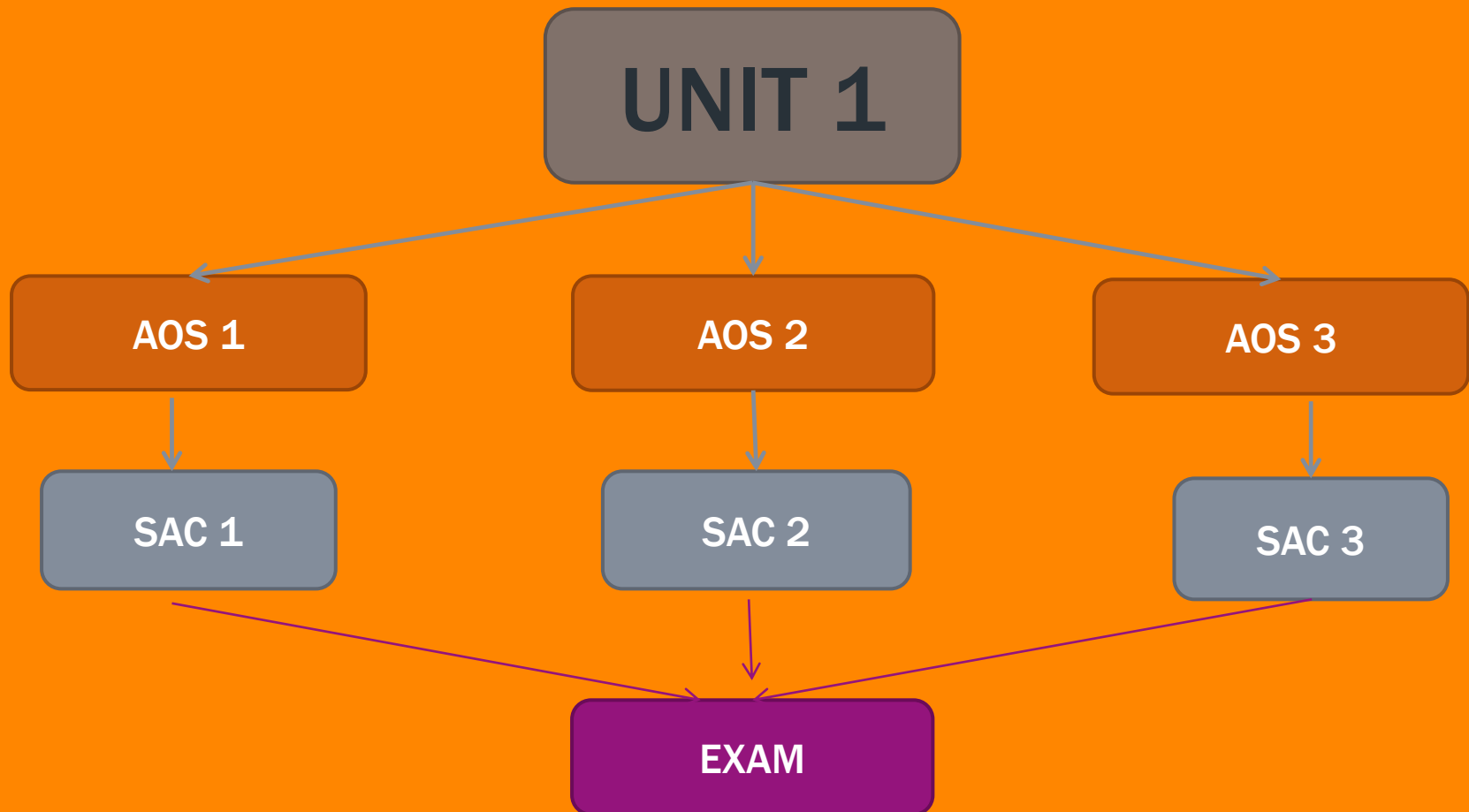
Title: Introduction to H & HD

Success Criteria:

- I can explain what I will learn about in H & HD.
- Begin to explain what being healthy is

UNIT 1

Unit 1 has 3 Areas of Studies, and 3 SACS and an exam.



TELL ME ABOUT YOURSELF?

- **WHO** – ‘Who are you?’ Tell me something about yourself.
- **WHERE** – ‘Where is it you want your future to go?’ (goal/ career/ job, etc.)
- **WHAT** – ‘What do you think H & HD is about?’
- **WHY** – ‘Why did you choose this subject?’
- **WHEN** – ‘When will you get there?’

WHAT IS HEALTH? . . . TASK

1. You are walking down your street and you run into a friend, their initial greeting is '*How are you?*'. When responding to this common question what aspects of our '*health*' do we refer to?
2. brainstorm on the board factors you think of when you hear the term '*health*'.
3. Draw and annotate a diagram of a healthy person

TODAYS LESSON

Title: Introduction to Health

Success Criteria:

- I can define the WHO definition of health.
- I can classify scenarios as physical, social, or mental health.

THE WORLD HEALTH ORGANISATION (WHO)

- In 1946 the World Health Organisation (WHO) agreed on a widely known definition of health.

*“**Health** is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”*

LIMITATIONS OF WHO HEALTH DEFINITION

The WHO definition of **health** is seen as limiting because:

- the use of word '*complete*',
 - suggests 'total' or 'perfect' health; it could be argued that complete health does not exist and a better term would be *optimal*.
- It is too broad
 - does not include different population groups, people with permanent disability or disease etc.

HEALTH CONTINUUM

- The level of healthiness that a person is experiencing illustrated on a line ranging from optimal health to death.
- Look at Figure 1.2 pg. 4 of textbook
 - Where are you located on the health continuum at the moment?
 - How and why has your position on the health continuum fluctuated in the past year?



Figure 1.2 Continuum of health

ACTIVITY

Classify the following situations on the health continuum.

- **Jenny is suffering from a cold at the moment**
- **Travis has just been diagnosed with arthritis**
- **Elly left school early because she had a headache.**
- **Clive recently lost his daughter in a car accident.**
- **Jodie was late to work due to traffic congestion.**



Figure 1.2 Continuum of health

THE DIMENSIONS OF HEALTH

There are three dimensions of health identified by the WHO;

- Physical health
- Social health
- Mental health:



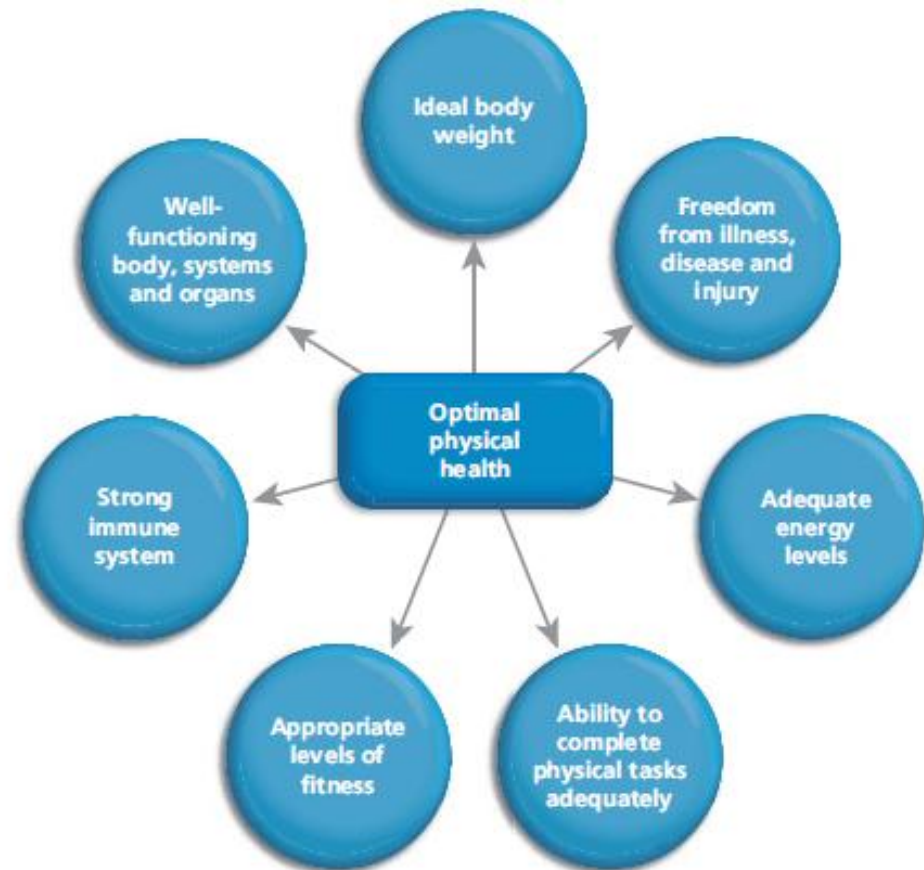
FIGURE 2.2 Would this man be considered healthy using the WHO definition?

DIMENSIONS OF HEALTH: PHYSICAL HEALTH

- the efficient functioning of the body and its systems.

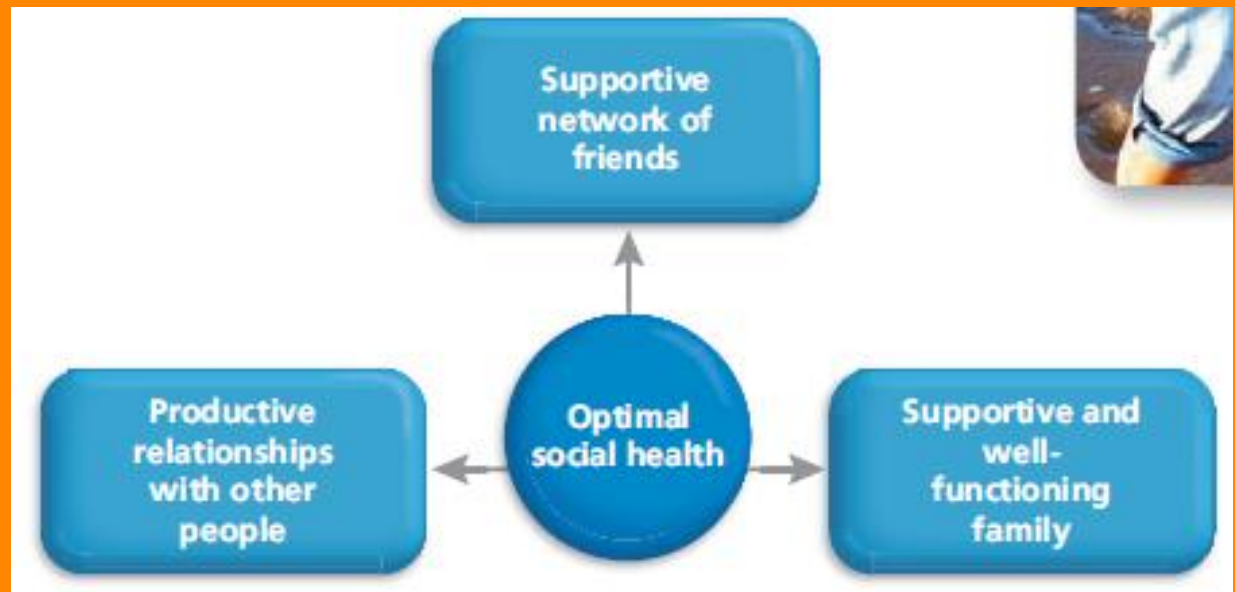
Includes

- the physical capacity to perform tasks
- Physical fitness



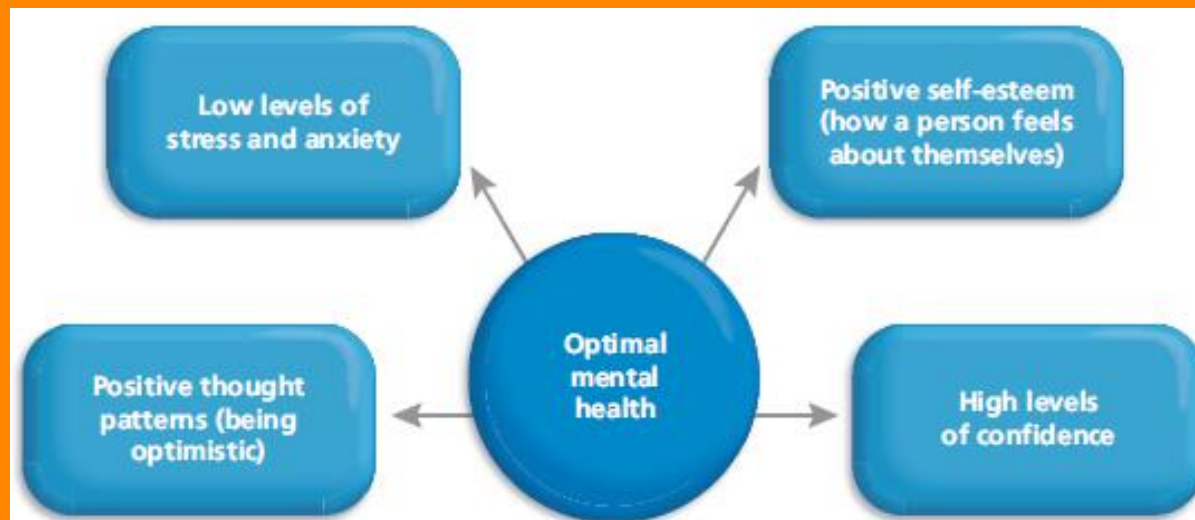
DIMENSIONS OF HEALTH: SOCIAL HEALTH

- Being able to interact with others and participate in the community in both an independent and cooperative way.



DIMENSIONS OF HEALTH: MENTAL HEALTH

- State of well-being in which the individual realises his/her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his/her community.



APPLY YOUR KNOWLEDGE

TOM'S CASE STUDY

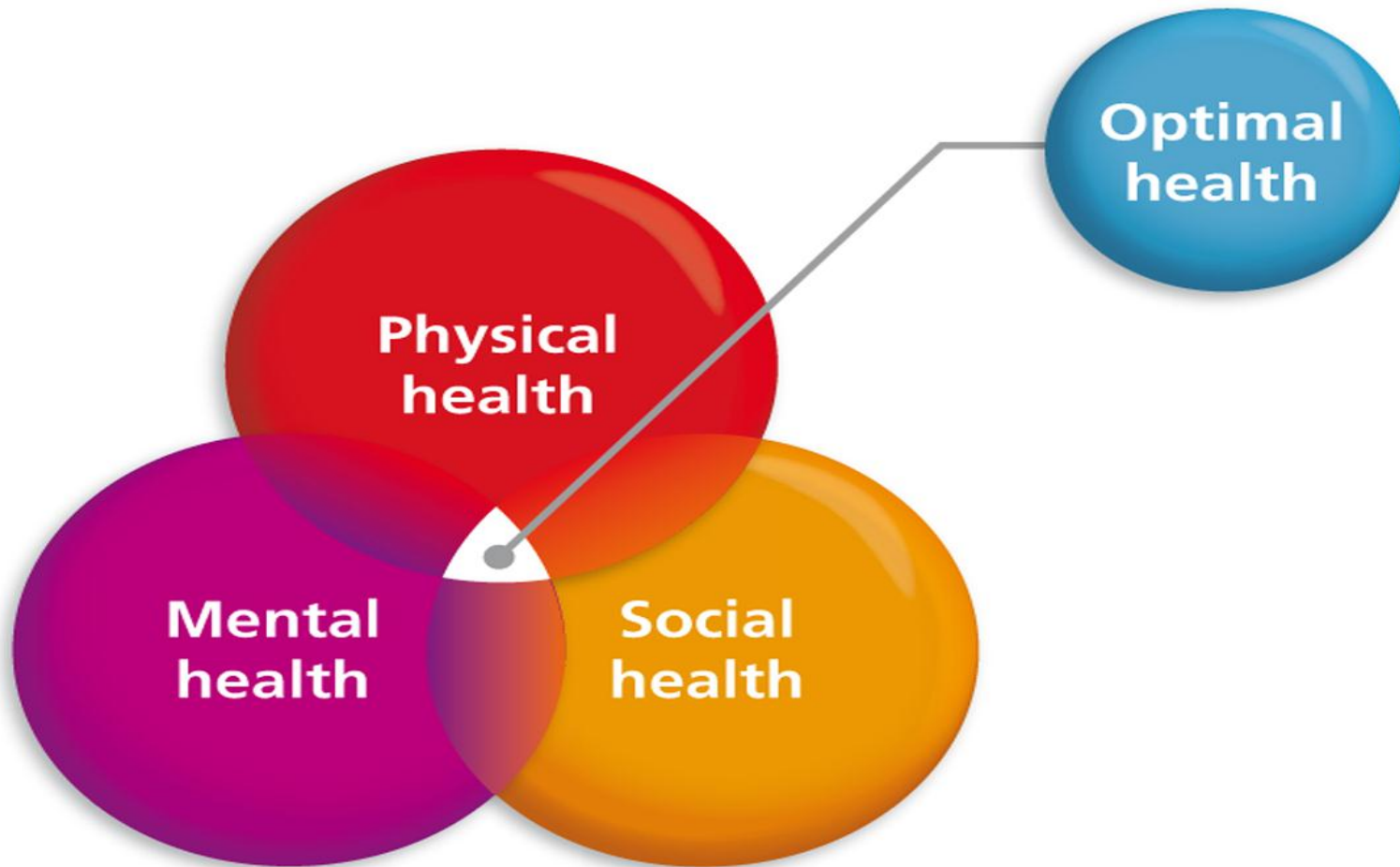
- **How has Tom's health been affected by the conflict with his parents?**
- **Suggest ways that this ongoing conflict could affect Tom's Physical, Social and Mental health.**
- **Suggest ways that Tom could return his health to an optimal state**

TODAYS LESSON

Success Criteria:

- I can classify scenarios as physical, social, or mental health.
- I can define the term optimal health and interrelated.
- Be able to explain & understand how health status is measured and know its limitations
- Know the definitions of life expectancy, mortality, morbidity, trends, incidence, prevalence & burden of disease

OPTIMAL HEALTH



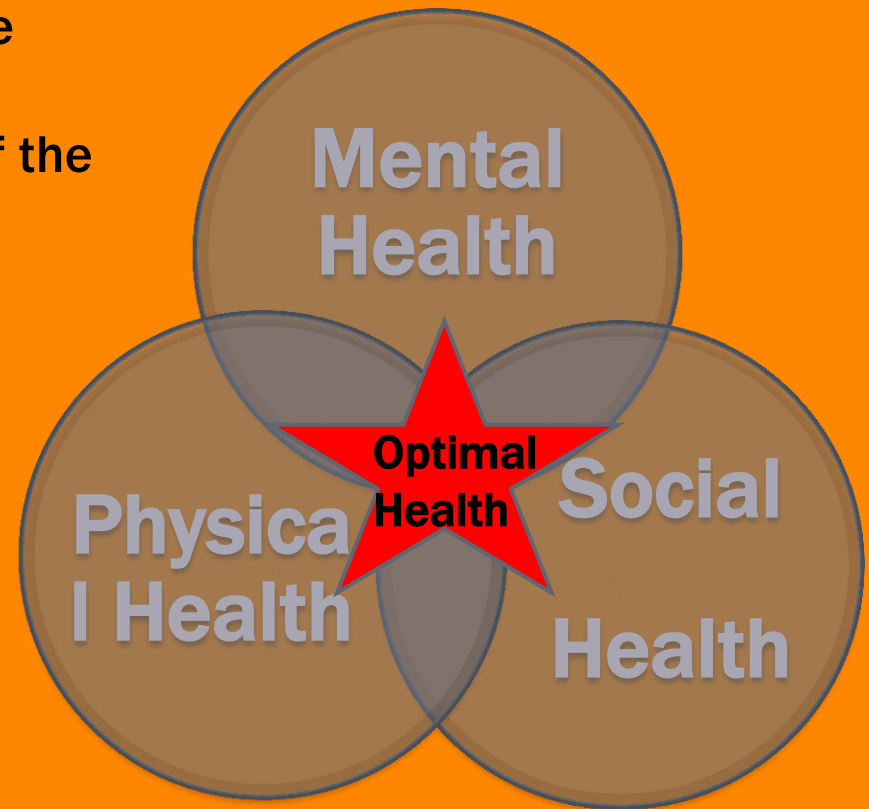
OPTIMAL HEALTH...

- Refers to the highest level of health an individual can realistically attain.

THE INTERRELATIONSHIPS BETWEEN THE DIMENSIONS OF HEALTH

- Each dimension of health influences the others, determining the overall level of wellbeing, and hence the health status of the individual.

*Zoe has netball training twice a week for two hours. This physical activity has a positive impact on her **physical health**, increasing her cardiovascular fitness. In turn, Zoe is being socially active, creating new friendships via participating in sport – impacting positively on her **social health**. As a result of this Zoe feels a greater sense of belonging and increased self-esteem through the positive team environment.*



Venn diagram – Interrelationship between the dimensions of health

INDEPENDENT STUDENT ACTIVITY

Look at the images below. For each image, list or write a response for the following questions:

- 1. What impact do you think the individual's behaviour will have on physical, social, and mental health?**
- 2. What links (positive or negative) can you make between the above three dimensions?**



CASE STUDY

Complete the Case study worksheet

“Confronting the Issue”

MEASUREMENTS OF HEALTH STATUS

- **Health Status-** An individual's or population's overall level of health taking into account various factors such as life expectancy, amount of disability, and levels of disease risk factors.
- The level of health or health status of a population can be measured with the use of data and statistics gathered by various organisations.

- Statistics used draw on many sources each with their own strengths and limitations
- Even though the goal is to promote good health, this measurement has most focus on the negative aspects including illness, disease, disability and death.
- This is due to the fact that wellbeing and positive health are subjective (self assessed) and healthy people do not come into contact with health care services as often as unhealthy people. Therefore data of good health is not easily gathered.

LIFE EXPECTANCY

- **Definition-** An indication of how long a person can expect to live. It is the number of years of life remaining to a person at a particular age if death rates do not change.

What do you think Australia's life expectancy would be like compared to other countries?

CURRENT LIFE EXPECTANCY RATES IN AUSTRALIA

Have a go at answering the following:

- What do you think is the current life expectancy rate for males?
- What do you think is the current life expectancy rate for females?

CURRENT LIFE EXPECTANCY RATES IN AUSTRALIA

- Males- 79.5
- Females 84
- Did these results surprise you?
- Why do you think Females life expectancy is almost 5 years more than males?

MORTALITY

- The number of deaths caused by a particular disease, illness or other environmental factor.
- Mortality always refers to death. If you hear there has been a road mortality it means that someone has died.

MORBIDITY

‘Refers to ill health in an individual and the levels of ill health in a population group’ (AIHW, 2008)

MORTALITY & MORBIDITY DATA

- Mortality data are routinely collected and readily available, and are therefore most often used instrument for monitoring health.
- Morbidity data is often incomplete and poses significant measurement problems. Morbidity data may be collected through hospital records and specific population surveys.

TRENDS

- Trends- A long-term general movement or change in frequency, usually either upward or downwards, i.e upward trend in a disease or unhealthy behaviour means that it is becoming more frequent.

TRENDS

- The measurement of the health status of a country is very important for enabling the development of health policies and programs. The research and statistics undertaken can provide information needed for disease prevention and treatment.
- Monitoring health trends over time is important to look at the development of disease patterns and health of a population.

ACTIVITY

- Complete activity relating to Graph 1 in student handout

INCIDENCE & PREVALENCE

- **Incidence-** The number or rate of new cases of a particular condition during a specific time.
- **Prevalence-** The number or proportion of cases of a particular disease or condition present in a present in a population at a given time (AIHW 2008)

BURDEN OF DISEASE

- The commonly used measures of mortality and morbidity are useful in telling us about the health of a population. They are inadequate however for assessing the people that are not ill.
- During the past few decade new health indicators or health outcome measures have been developed to assist in the analysis of the consequences of disease. We will look at some of them now.

DISABILITY ADJUSTED LIFE YEARS (DALYS)

- A measure of burden of disease, one DALY equals one year of healthy life lost due to premature death and time lived with illness, disease or injury.
- The use of DALY's as a measurement of health status allows the assessment of how much illness or disease exists in a population and the effect it has on the populations quality of life.

BURDEN OF DISEASE DEFINITION

- A measure of the impact of diseases and injuries, specifically it measures the gap between current health status and an ideal situation where everyone lives to an old age free of disease and disability . Burden of disease is measured in a unit called the DALY.

ACTIVITY

- Complete questions relating to Graph 2 of student handout